



Weekly Newsletter
Southeastern Aquatics
Racine Family YMCA Swim Team
Est. 1984
March 14, 2019

Daxton LaRue Needs Your Help

Bronze level swimmers Daxton LaRue is battling Leukemia and needs your help. Linked on the homepage of our website (www.sea-y.org) are a few links TEAM SEA families can visit to support Daxton and the LaRue family. Please take a moment now and show your support for Daxton. Thanks to the families who already donated!

YMCA State Meet Information

YMCA State begins tomorrow and runs through Sunday in Brown Deer. Drive safe, swim fast, have fun!

<i>Day</i>	<i>Warm-ups</i>	<i>Meet Begins</i>	<i>Meet Ends</i>
Friday (all ages)	3:15-4:25 PM	4:30 PM	6:27 PM
Saturday (10&U)	7:30-8:15 AM	8:20 AM	10:40 AM
Saturday (11&O), Events 33-51	10:15-11:25 AM	11:30 AM	1:53 PM
Saturday (11&O), Events 52-76	12:45-1:50 PM	1:53 PM	5:25 PM
Sunday (10&U)	7:30-8:15 AM	8:20 AM	10:42 AM
Saturday (11&O), Events 103-121	10:15-11:25 AM	11:30 AM	2:09 PM
Saturday (11&O), Events 122-144	1:00-2:00 PM	2:09 PM	4:51 PM

Offseason Clinics

TEAM SEA will bridge the gap between the end of this season and the beginning on our Spring & Summer Season with four weeks of offseason clinics that will run Monday-Thursday at Park High School.

The cost is \$30 per week or \$100 for all four weeks.

Bronze and Silver will go 5:30-6:30 PM.

Gold and Senior will go 5:30-6:30 PM for the first three weeks and then 5:30-7:00 PM during week four.

Email Coach Neil if you are planning on attending.

Here's the focus for each week:

March 25, Starts (will cover all four strokes including breakouts)

April 1-4, Turns for Back and Free (includes the approach, turn, and breakout)

April 8-11, Turns for Breast and Fly (includes the approach, turn, and breakout)

April 15-18, Conditioning for the start of the Spring & Summer Season

Notes from Neil

I don't know about you, but the coaching staff is really excited and ready for this weekend's YMCA State meet. Please arrive on time for warm-ups and do everything in your power to ensure you're swimming just as fast on day three as you will on day one (proper warm downs, hydration, nutrition, and rest). Good luck TEAM SEA!

Here are some updates and reminders as we close in on Wisconsin YMCA State ...

- 1) Our team picture will take place at Horlick on Monday, March 18 beginning at 5:30 PM – order forms were handed out this week and will be available Monday.
- 2) We will host an Open Swim Tryout for current members and their friends (invite as many as you want). It will take place at Horlick on Tuesday, March 19 from 5:30 PM to 7:00 PM.
- 3) The official start of the Spring & Summer Season will be Monday, April 22 and run to July 31. You can swim Spring only (April 22-June 23) or Summer only (May 20-July 31).
- 4) We will be running clinics the weeks of March 25, April 1, April 8, and April 15 (one week each of turns for Fly/Breast, turns for Free/Back, starts, and conditioning). Information on page one and two of this newsletter!
- 5) Our meet schedule for the Spring & Summer is posted on the Meet Information page of our website.

Save the date!!! We will be heading back to Kentucky this summer to attend Lakeside Seahawks Invite in Louisville. If you thought our recent Green Bay travel meet was enjoyable and fun, wait until you attend this meet! July 11-13.

Do you need a TEAM SEA swim cap? You can purchase them from myself or Katie ... \$5 for latex or \$12 for silicone.

If you need any help with the registration process, please reach out to Missy Reischl at mjreischl@outlook.com or call her at 262.989.9065.

If you need any assistance with the in-and-outs of TEAM SEA, please reach out to me at south.eastern.aquatics@gmail.com or via mobile at 262.994.3157.

Katie's Kickboard

Hello again,

Thank you to all who helped make the YMCA Regional meet run smoothly. There were some great efforts in the pool last weekend. Best times, new team records, a state cut or two, and smiles all around.

We are in the final week of practice! I have been handing out picture forms for next Monday's team picture at Horlick. Remember we will hold an open swim where you can bring a friend next Tuesday, 19th.

Bronze and Silvers have been having a little more fun this week. We are laid back this week, using our fins for the warm up and playing sharks and minnows in the well. They deserve some extra fun after their efforts this season.

Gold's have a big crew going to state this season and I can be more excited! We have been very focused, working on all of the little things. I gave them all a list of drills that would benefit them. This weekend should be awesome!

Wisconsin YMCA Regional Recap & Highlights

Great racing took place last weekend in Milwaukee during our team hosted Wisconsin YMCA Regional event. As team, we posted 53% best times (144 of 272 swims) and had 14 DQs (six Breaststroke, four IM, three Backstroke, and one Butterfly).

Eight new YMCA State qualifying were posted ... Alessandra Arteaga 8&U 50 Breaststroke, Natalia Badillo Open 500 Freestyle, Jack Borzynski 9-10 50 Backstroke, Nicholas Foster 8&U 50 Breaststroke, and Megan Schultz 13-14 100 Backstroke, 200 Butterfly, 200 Backstroke.

Mac Thomas broke two team records ... she broke Sara Brooks' 2006 11-12 100 IM record of 1:04.67 with a swim of 1:03.57 and went on to reset her 11-12 100 Breaststroke record dropping it from a 1:10.71 to a 1:08.50.

Some of the fastest times in our team's history were posted by Alessandra Arteaga 7th in the 50 Breaststroke, Sofia Badillo 7th in the 200 Backstroke, Megan Schultz 9th in the 200 Butterfly, 7th in the 400 IM, Natalia Badillo 8th in the 500 Freestyle, Madi Peterson 7th in the 1000 Freestyle, Mac Thomas 2nd in the 1000 Freestyle, Nicholas Foster 3rd in the 50 Breaststroke, Nathaniel Foster 10th in the 100 Backstroke, CJ Trask 8th in the 500 Freestyle, 8th in the 100 Butterfly, Nathan Mudry 7th in the 200 Backstroke, 7th in the 100 Butterfly, and Zack Kopsa 5th in the 400 IM.

New meet records set during the two day meet included Mac Thomas in the 11-12 100 IM and the Open 100 Breaststroke, Rylie Bergemann in the 11-12 200 IM, Sofia Badillo in the 13-14 200 Backstroke, Nicholas Foster in the 8&U 50 Breaststroke, Nathaniel Foster in the 9-10 200 Freestyle, 100 Backstroke, and 200 IM, CJ Trask in the 11-12 500 Freestyle, 100 Butterfly, and 200 IM, Nathan Mudry in the 13-14 50 Freestyle, 100 Breaststroke, and the 100 Butterfly, Zack Kopsa in the 13-14 200 Breaststroke, and Hopking Uyenbat in the 13-14 200 IM.

Event winners included Josh Abel, Alessandra Arteaga, Natalia Badillo, Rylie Bergemann, Ethan Branner, Nathaniel Foster, Nicholas Foster, Zack Kopsa, Brady Moore,

Nathan Mudry, Madi Peterson, Macie Ritter, Megan Schutlz, Alice Stratman, Mac Thomas, CJ Trask, and Hopking Uyenbat.

Notching 100% best times were Caleb Bergman, Arev Buchaklian, Isabelle Buhler, Jorja Makovsky, Grady Trask, and Natalie Vitek.

Knocking five or more seconds from their previous best efforts were Natalia Badillo - 18.53 in the 500 Freestyle, Jack Borzynski -14.91 in the 200 Freestyle, Arev Buchaklian -23.35 in the 200 Freestyle, Zoe D'Alessandro -34.05 in the 500 Freestyle, Nathaniel Foster -5.87 in the 200 Freestyle, Nicholas Foster -5.75 in the 50 Breaststroke, Grace Gross -22.13 in the 200 Freestyle, Evelyn Gutknecht -13.23 in the 50 Breaststroke, Sophie Gutknecht -7.06 in the 50 Freestyle, Zarah Herron -8.14 in the 100 Backstroke, Ava Kerbawy -5.87 in the 50 Freestyle, Zack Kopsea -8.93 in the 200 Breaststroke, Austin Lentz -20.47 in the 200 Breaststroke, Jorja Makovsky -12.46 in the 200 IM, Sophia Marini -8.79 in the 100 Freestyle, Grace Neumann -6.78 in the 100 IM, Emery Pitts -14.50 in the 200 Freestyle, Megan Schultz -16.36 in the 400 IM, Zack Steenrod -11.54 in the 50 Freestyle, Jordan Stouffer -18.29 in the 500 Freestyle, Alice Stratman -19.64 in the 500 Freestyle, CJ Trask -7.98 in the 500 Freestyle, Grady Trask -139.95 in the 500 Freestyle, Natalie Vitek -6.15 in the 200 Backstroke, Meg White -5.24 in the 50 Freestyle, and Aarya Zore -14.98 in the 100 IM.

Congratulations to these swimmers on competing in their first meet! Ericka Kaprelian, Shiva Kavikondala, and Lauren Michel.

Good luck this weekend in Brown Deer during YMCA State! Drive safe, swim fast, have fun!!

Shop our AmazonSmile Account

Shop our AmazonSmile account and support the team! <https://smile.amazon.com/ch/39-1580537>.

Fall/Winter Fundraising Updates

The Short Course season is in the home stretch, which means that all fundraising season is as well. The family fundraising requirement for this season is \$150. To learn more about the requirement, visit the SEA website, head to the Members Tab > Fundraising > General Information.

Thank you to everyone who has fulfilled their fundraising requirements already. There are several families that did not submit a guarantee check this season. Our Fundraising Chair, Jo Anne Mudry, will be reaching out to families via email or phone towards the end of the season with an update. If you did not submit a guarantee check, or you would like an update on your progress, contact Jo Anne at jmudry@earthlink.net.

There are still two ways to earn money this season:

1. Order a custom car decal (info in this newsletter)
2. Earn rebates from any Scrip orders place before February 28. There are two more orders scheduled:
 - a. Order February 6, pick-up February 9
 - b. Order February 20, pick-up February 23

In addition to these two order dates, ScripNow ecard, ReloadNow, and purchase made through the MyScripWallet App before the end of February will also qualify toward their season's earnings.

On March 1, our team's Scrip Coordinator will create a family report that will be imported into the fundraising spreadsheet, and Jo Anne will send one final update.

Heat Sheet Advertising

Do you own a business or work for a business in the area? Heat Sheet Advertising is a great marketing tool and a great way to meet your fundraising requirement. Advertise your business in the heat sheets for all the SEA hosted meets for an entire year! 100% of the cost goes directly toward your fundraising goals.

Full Page Ad (8x10.5 inches)	\$250
Half Page Ad (8x5 (inches)	\$175
Quarter Page Ad (3.75x5 inches)	\$125
Business Card Ad (3.5x2 inches)	\$75
Friendship Ad (1.75x2 inches)	\$50

Please submit your print-ready black-and-white ad to jmudry@earthlink.net.

SCRIP Schedule

Your SCRIP Coordinator this season is Julie Kopsea. Julie has one son on the team (Zack trains with the Seniors) and can be reached at jkopsea@yahoo.com or at 414.530.5399.

All orders are due by 11 PM on Sunday. Julie will email / text to communicate with families and orders arrive.

This Sunday will be the last Scrip physical card order that will be placed until the Spring & Summer Season begins. Julie will be contacting families next week where they can pick-up their orders when it arrives. Future order dates are listed below. Remember, you can always do Scrip E-cards at anytime.

<i>Orders Due</i>	<i>Orders Available</i>
March 17	March 20-21
April 28	
May 12	
May 26	
June 9	
June 23	
July 7	

July 21	
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Upcoming Meets

If you would like to have your swimmer enter in a meet, please send an email to Coach Neil at south.eastern.aquatics@gmail.com or speak with him at practice.

<i>Meet</i>	<i>Entries Due</i>
Mar. 15-17 – Wisconsin YMCA State	Entries closed
Apr. 1-5 – YMCA Nationals	Mar. 18
Apr. 10-13 – Elite Showcase Classic	Mar. 18

Happy March Birthday!

Isabelle Buhler, Zoe Chartrand, Grace Gross, Carter Johnson, Zack Kopsea, Brady Moore, Nathan Mudry, Gabi Peterman, Gavin Pierce, and Aarya Zore.

Calendar

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
			Mar. 14 – Bronze, Silver, Gold @ Horlick, Senior @ Park	Mar. 15 – Combined @ Park, YMCA State	Mar. 16 – No practice, YMCA State	Mar. 17 – YMCA State
Mar. 18 – Team Picture @ Horlick, 5:30 PM	Mar. 19 – Open Swim @ Horlick, 5:30-7:00 PM; invite your friends					

Extended Calendar

March 2019

15, Last day of practice for the Fall & Winter Season

18, Team Picture, 5:30 PM @ Horlick

19, TEAMSEA Open Swim – Invite your friends! @ Horlick, 5:30-7:00 PM

25, Board meeting, 6:00 PM @ Sealed Air, all welcome

May 2019

4-5, SEA Early Bird Meet

9, Annual Banquet

31-2, SEA Pirate Plunge

June 2019

21-22, SEA Summer Sizzler

Find SEA on Social Media

SEA is on Facebook (SEA Swim Team – closed group, must request to join), Twitter (@SEAWisconsin), and Instagram (SEASWIMTEAM).